NATURAL REMEDIES

FOR CHILDREN AND FAMILY

A Mom's Guide Book of
100 Natural Remedies to Prevent
and Cure Common Everyday Illnesses

Natural Remedies For Children And Family:

A Mom’s Guide Book of 100 Natural Remedies To Prevent And Cure Everyday Illnesses

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Introduction

I want to thank you and congratulate you for downloading the book, **"Natural Remedies For Children And Family: A Mom's Guide Book Of 100 Natural Remedies To Prevent And Cure Everyday Illnesses" .**

This book contains proven steps and strategies on how to prepare the natural remedies and the everyday illnesses that moms need to watch out for. Medicines manufactured by pharmaceutical companies might give remedy but they still contain chemicals that might harm your body.

Mothers know best and if you are a mom then you know that natural remedies are safe, effective, and can give almost immediate relief (if not cure) to illnesses that members of the family might acquire.

This book also includes some suggestions on how to prepare your natural remedies and their proper application.

Prevention is still the best defense but sometimes you cannot detect the brewing illness right away. It might be too late for the natural remedies to prevent the illness from manifesting but it can prevent it from doing further damage to the body.

Take note that if you or a family member is currently under medication, it is prudent to consult the attending physician first. Some components of the herb might have unfavorable reaction with the medication that you or your family member is taking.

All moms, especially the new ones will definitely be delighted with each information-rich page of this book.

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1

Natural Remedies – Wonders, Preparations or Forms, and Benefits

Natural remedies versus prescription drugs have been creating ruckus in the medical world for quite some time now. It is true that prescription drugs might contain ingredients that might bring harm to the body in the long run but most of the time; the prescribed drugs are the only ones that can truly give the right treatment or relief to a certain ailment. Advocates of natural remedies stress that using a holistic approach in healing illnesses is more beneficial and it can enhance the body's intrinsic capability to heal itself.

Lately, more moms agree that opting for natural remedies to treat everyday illnesses in the family is a wiser choice than buying over-the-counter medicines. Natural remedies are safe, effective, easy to obtain, and definitely less expensive.

Natural Remedies Preparations and Applications

Natural remedies can be prepared and applied in different ways. Sometimes, buying a prepared natural remedy in a health food store can be confusing because of the different labels and terms. You also need to understand the different preparations to make it easier for you to do it on your own.

Ointment and Salves

In ointments and salves, herbs are usually infused into glycerin although you can use other bases. They are applied externally and they are good for skin infection, bites, and other skin conditions. Several commercially produced ointments and salves are made with mineral oil, aloe, and/or petroleum jelly. Many herbalists believe that mineral oil and petroleum jelly have high toxicity and skin care products should not contain either of them. Olive oil and beeswax combination is acceptable.

Poultice

Poultice is good for external use to reduce inflammation, pain (in cases of injury), and redness. It is especially good to treat or relieve arthritis pain. The preparation usually requires fresh or dried herbs that should be ground and mixed with aloe juice or olive

oil. Some add slippery elm to keep the mash intact. You will need a clean cloth when using the poultice.

Tea

In tea form, herbs are gathered together and steeped in a cup of hot water. Teas are not as strong as infusions and extracts. They can be used for drinking pleasure to relax in the lazy afternoon or treat a certain illness. The tea herbs should not be boiled unless needed or as directed on the package (as in the cases of store bought tea).

Infusions

Infusions are herbs that need to be steeped to medicinal strength. The stronger tea may be consumed internally or used externally – depending on the application or the health issue it needed to treat or give relief to. An example of external application for tea is when it must be used as a hair rinse to get rid of dandruff. You can brew any part of the plant that is needed to give relief to a certain illness. It could be the flowers, seeds, leaves (usually), bark, berries, and/or roots. The parts that are needed to treat the illness must be steeped in a stainless steel casserole with water that is near boiling point and steep for thirty minutes up to eight hours. There are some cases wherein the barks and roots must be simmered to extract the needed remedy.

Extracts

An extract can be a powdered herb or a concentrated liquid. You need a strong grain alcohol or Vodka (100%) and steep the herb (either fresh or dried) for four to five weeks. Some commercial manufacturers use acetone or chemicals to extract the herb. The chemical such as acetone that is used by commercial companies might kill the medicinal properties of the extract. The best extracts must not be processed using acetone or other chemicals that might cause harm. The extract is then strained using cheese cloth and store inside a small amber container or bottle. There is no need to refrigerate the extracts.

Tincture

Like extract, a tincture is also a mixture of herbs and alcohol but less concentrated than extracts. You might need more in order to achieve the needed healing effect. Tincture is given by milliliters while extracts are by drops. An extract follows one is to one ratio of alcohol and herb while tincture follows a three is to one ration of alcohol and herb.

Stand Alone

There are also natural remedies that can treat a particular illness in the family without requiring any preparations at all. They can give relief as they are and all you need to do is let the family member who is ill take them as a pill or apply it directly on the affected area.

Benefits of Natural Remedies

Natural remedies are cheaper than most commercially produced medicines. They don't need to have gorgeous packaging, advertisement, or expensive processing methods unlike their commercial counterpart. They are just as effective and they are much safer to use.

You can be certain that your natural remedies are safe and of high quality. Why, because you are using only fresh and clean ingredients in producing your holistic remedies.

The natural remedies do not have any preservatives to extend their shelf life and make it longer. They are effective although they can be considered milder than over-the-counter medicines.

You don't need to look far and wide just to take hold of the ingredients that you will need in concocting your own natural remedy. The ingredients are easy to find and you can even plant some in your backyard, to make sure that you will never run out of fresh ingredients each time you need to make one.

No one can doubt the effectiveness of natural remedies in treating a wide array of minor ailments. A clove of garlic, a teaspoonful of honey, a small ginger, a cup of lemon tea, and more can bring relief to minor illnesses. Natural and home made remedies handle abdominal pain, bites and stings, heartburn, acidity, arthritis, high blood pressure, diarrhea, constipation, headache, fever, colds, flu, tooth ache, sore throat, cuts, burns, nausea, back pain, and more. Many people rely on natural remedies to prevent their condition from getting worse and hopefully it would be enough to make it all go away.

There are fewer side effects that are not fatal. Most cases may involve allergic reactions on some of the components of the herbs; concoction is too strong for the individual; wrong preparation which includes wrong added ingredient, dirty utensils, and the likes.

You must take note that major diseases are best dealt with modern medical treatments but natural remedies could prevent these diseases from escalating into something big.

Chapter 2

Ointments And Salves

It is not complicated to make ointments and salves and some illnesses only require application of salve or ointment to make it better. You only need to rub the ointment or salve on the affected area to ease the trouble. Injuries such as scrapes, burns, cuts, and other wounds on the skin react well with the salves or ointments made from ingredients provided by nature.

Comfrey Salve

Comfrey is a wonderful herb which can heal bruises, cuts, scrapes, sore muscles, sprains, and can extend its wonders to a broken toe. It seeps through the skin and into the tissues and bones. Take a caution though; comfrey should not be applied on dirty or infected wound. It manifests very quick tissue healing that it might trap the bacteria and create abscess. It is wise to clean the wound thoroughly and use natural antibacterial ointment before putting on some comfrey salve.

For the ingredients, you will need 2 cups of comfrey leaves, you can add half cup of its roots if you need a stronger salve; 2 cups coconut oil; 1 tablespoon beeswax (preferably grated).

For the utensils, you will need a medium sized saucepan; large pot or crock pot; whisk; mason jar with lid (about one quart); strainer (with fine mesh); clean rag (to keep the jar from breaking); and containers for the finished product.

It is imperative that you check all containers and tools that you are going to use and make sure that they are clean. In the jar, put the comfrey parts that you are going to use. Pour the oil and leave one and a half inches space between the oil level and the lip of the jar. Close the lid tightly and put the clean rag beneath the jar and place them all inside a large pot. Put water inside the pot leaving two inches of open space between the liquid and the top of the jar. Turn the stove on low heat. Allow the comfrey to infuse for at least twelve hours to twenty four hours. Never make the water simmer and keep adding hot water in the pot to maintain the level of liquid inside the pot.

When the oil turned dark green, prepare a medium saucepan and put in the beeswax. Pour the oil (using the fine meshed strainer) into the saucepan together with the

beeswax. Keep the heat low and whisk until the beeswax completely melted. Pour the oil into the clean containers and allow to cool for a day. Put the lid on if the mixture has completely cooled. Stock them in cool, dark spots.

Plantain Salve

Plantain salve is good for insect bites that cause swelling, redness, and itching. It has effective antiallergenic and anti-inflammatory properties that can give almost instant relief to any discomfort caused by the insect bites.

Ingredients:

You will need 4 tablespoons plantain leaves; 2 tablespoons each of olive oil (or sunflower oil) and almond oil; 150ml (2/3 cup) boiling water; 2 teaspoons each of emulsifying wax and glycerin; 1 teaspoon each of beeswax and vitamin C powder.

Directions:

Wash and chop your plantain and divide them in two. Place one half in a bowl with water and the other half in a pan. Cover the bowl and leave for ten minutes to infuse. Add olive or sunflower oil and almond oil to the half in the pan and let it simmer in low heat. Remove from the stove and let it cool for ten minutes. Remember not to let it boil, remove immediately from heat once it starts to boil.

Drain and remove the leaves in the bowl and set the liquid aside. Drain the infused oil in another pan, extracting the plantain. Once again, heat the oil. Add the emulsifying wax and beeswax, stirring constantly until the waxes melt. Make sure to achieve foamy consistency.

Add a cup of infused water to the mixture and whisk to get a consistency similar to that of salad dressing's. Pour in glycerin followed by vitamin C powder. Pour the mixture into sterilized containers then seal.

You can apply this salve to affected spots as often as needed.

Hot Chili Mustard Salve

Hot chili mustard salve with peppermint and rosemary oils can soothe the pain brought by arthritis. This salve has the aroma of healing and will do so in no time.

You will need 60ml or 1/4 cup hot chili and mustard foot oil; 20g or 5 teaspoons beeswax; 30 drops each of peppermint oil and rosemary oil.

Pour hot chili and mustard foot oil into the top part of a double boiler then add the beeswax. Put water on the bottom part of the boiler then put on the top part. Stir the mixture occasionally over low heat. Stop when the wax melted, turn off the heat and allow the mixture to cool.

Take note that you need to add peppermint and rosemary oils with the use of a dropper when a skin-like appearance began to emerge on top of the mixture. Blend well, and then pour the mixture to a sterilized dark container. Make sure that it has cooled off when you put on the lid.

Apply two times a day on affected areas and remember to clean your hands thoroughly before and after application. Keep this salve away from children and your eyes as well as other sensitive areas because it can get scorching hot around those areas.

Vapor Rub of Essential Oil

Vapor rubs are designed to be rubbed directly on areas of concern such as chest and throat. The heat usually comes from the essential oils like eucalyptus and peppermint. The sensation reduces constriction by enhancing circulation of the blood. The oils in vapor rub seep through the skin to kill infection and relieve congestion. The vapors, when inhaled into the lungs, bring comfort and almost immediately relief from the discomfort and pain.

To make the vapor rub, you will need 10 drops each of peppermint oil and eucalyptus oil; 3 drops of thyme oil; and 1/8 cup of olive oil.

Carefully combine all the ingredients in a bowl. After doing so, you can now immediately apply the vapor rub on the chest and throat. Rubbing the oil briskly on affected areas can increase the needed warmth. A warm flannel piece on the chest after rubbing in the mixture will further increase the warming sensation.

Basic Salves and Ointments Preparation

For basic salves and ointments natural remedies, use this preparation:

- In a double boiler, pour 3 to 4 ounces of infused oil in the top part of the boiler and place over the lower part of the boiler (with water already boiling). If you don't have a double boiler, put the oil in a glass bowl (that can tolerate heat) and put the glass bowl over a pot or pan of boiling water.

- Put in a small square of beeswax to the mixture and stir it until the wax melts. The beeswax is the one responsible for making the mixture thick.

- Pour the mixture into small jars with dark colors and store in a cool and dark spot.

Chapter 3

Poultice

Poultice is very similar to ointments or salves but it usually makes use of freshly chopped herbs creating a more watery consistency and often applied as a compress. It is often use to lessen the swelling, pain, redness, discomfort, and other occurrence or pain brought by various forms of injuries and wounds. There are poultices that can draw out foreign object from the body such as splinters and stings.

Once the poultice mixture is finished, it must be spread on to one side of a clean cloth. The side with the poultice mixture must be laid against the skin of the affected area. You need to cover it with plastic wrap or put bandage around it to keep it secure and prevent it from soiling or staining the bedding or clothing.

Simple Mustard Poultice

This poultice is ideal when someone has colds. You only need 1 tablespoon dry mustard, 4 tablespoons flour, and a piece of egg.

Crack the egg then add in the flour and mustard. Mix everything well together and add a little water but don't make it runny. Rub the mixture on the chest and cover.

Onion Poultice to Take Tears Away

Although onion can make you cry, its poultice can take away the tears from your eyes and give almost immediate relief from pain and swelling due to pulled, injured, or torn tendons.

You need to chop some onions then add aloe vera juice and mix everything well. Spread the mixture onto a clean cloth that can cover the area of the injury then placed the cloth with poultice against the skin of the injured area.

Cabbage Leaf Poultice

Cabbage leaf has been used for so many years to counter swelling, sprains, strains, and ulcers.

To make cabbage poultice, you will need some cabbage leaves and make sure to remove the central rib. Lay the leaves flat on the chopping board and smash it using a rolling pin until the juices start to squirt.

Place the “beaten” leaves over the affected joints and wrap a bandage around to secure the leaves in place.

Calendula And Lavender Poultice

This poultice is ideal for sores that don’t seem to heal. To make this, you will need 1/4 cup each of crushed comfrey leaves and calendula flowers; a mason jar with sterile water; and a drop of lavender oil.

Drop the lavender oil in the mason jar then add the crushed comfrey and calendula flowers. Mix everything well by covering the jar and shaking it. Leave it in a cool dark place for four days. After that, strain the mixture and retain the liquid. Put the liquid in a glass container. Get a sterile cotton ball and dip it into the mixture then press the dipped cotton ball against the wound or you can also bandage it on the wound to keep it secure.

Tea Tree Oil Poultice for Boils

Poultices also work well with carbuncles and boils and you can make it at home without trouble. You will need tea tree oil, lavender oil, 2 cups hot water (it should be hot to the touch but not too hot that will make you pull your finger away quickly), and cotton pads.

Put two to three drops each of tea tree oil and lavender oil into the hot water. Mix them well. Get a cotton pad and soak it in the mixture. Place the soaked cotton pad against the boil and leave it on for fifteen minutes. Take it off after the given period and repeat the process after fifteen minutes. The mixture of tea tree oil and lavender oil will eventually kill the bacteria that caused the boil.

Comfrey Leaf With Calendula Flowers Poultice

Comfrey is famous because it has a powerful wound healing property. Ancient people had used comfrey for such purpose – to heal wounds quickly. It is important to take note that comfrey should only be used externally.

Gather some fresh comfrey leaves and calendula flowers (you can use calendula essential oil if you want). Place them in a blender and put little amount of water and mash them together. Put the mixture in cheesecloth and wrap it then press the

wrapped mixture in cheesecloth onto the wound. Keep it in place for thirty minutes, and then take it off. Repeat the whole process at least four times a day in equal intervals until you see an improvement. Make sure that the tiny comfrey leaves won't penetrate the wound.

Ginger Poultice

Ginger poultice is especially good in giving quick relief to localized pain. It already provides the needed heat and it can be more effective if outside heat is applied.

You only need to grate as much ginger as you need for the affected area. Put the grated ginger directly on the painful area and cover with towel drenched in hot water. Keep it on for 20 to 30 minutes. Do the process at least two times a day until the pain goes away. Do not use the ginger poultice on reddish swollen areas that are hot to the feel.

Chapter 4

Infusions

Teas are usually taken for drinking pleasure and to provide soothing relief to most ailments and infusions are the stronger versions of teas. They are usually steeped longer to get a potent concentrate. Infusions can be consumed internally or can be applied externally. You can brew any part of the certain plant or herb that you need to treat the illness.

Licorice And Marshmallow Infusions

Licorice is popular because it has been used for many years to loosen phlegm. When you add marshmallow, coughing is also reduced and the combination can also soothe sore throats. The syrup produced from the mixture is good for tickly or dry coughs.

You will need 4 tablespoons dried marshmallow root (chop it coarsely) or 8 tablespoons fresh marshmallow root (coarsely chopped); 3 heads or bunches of fresh elderberries; 2 dried licorice roots (break it into small parts); 1 teaspoons each of ground cloves and anise seeds; 2 cups water; half cup of honey; 5 tablespoons glycerin; juice from one whole lime; and 1 whole tangerine peel.

Combine together the marshmallow, elderberries, licorice, cloves, anise, and tangerine peel in a pan containing water. Simmer everything in low heat. Turn off the heat if the liquid has reduced by 1/5. Remove the licorice. Using a blender, blend the mixture until smooth. Put it back into the pan then add in lime juice, honey, and glycerin. Mix well and simmer for two minutes. Turn off the heat and let cool before pouring the mixture into sterilized bottles. Take two tablespoons of the syrup trice daily. Make sure to keep it refrigerated.

Basic Infusion Preparation

For basic infusion natural remedies, use this preparation (use only flowers, stems, and/or leaves):

- For dried herbs: use 1 to 2 teaspoons to each 8-ounce cup of boiling water. Steep for ten to fifteen minutes. Strain to another cup, then keep or use as necessary.

- For fresh herbs: use 3 teaspoons of fresh parts of the herb to each pint of boiling water. Steep for minimum of ten minutes to maximum of fifteen minutes. Strain and keep or use as necessary.
- If you will use the infusion for medicinal purposes, then consuming 8-ounce doses, thrice per day is suggested.
- If you are going to store it, cover it tightly and place in a cool and dark area and keep in mind to consume it within 24 hours.

Chamomile Infusions

Chamomile infusion is great for treating skin inflammations, indigestion, and anxiety. For skin inflammation, simply apply the infusion on the affected area using a cotton ball. It is also best to use only chamomile flowers when making this infusion.

Chapter 5

Tea

Tea is a refreshing drink that can give lots of health benefits. It is delicious and easy to make and the reason why moms all around the globe highly favored it. You can use fresh herbs or dry ones in making the tea and will still yield the same quality.

Chamomile Tea

Chamomile has a mild sedative and calming properties and chamomile tea is great in providing a soothing and relaxing feeling at the end of a hectic day. It is also an excellent herb for calming restless children and effective remedy for pink eye.

To make the relaxing tea, you will need 2 to 3 teaspoons dried German Chamomile (or whatever you prefer), hot water, and cups.

Put the chamomile in the cup of hot water. Steep the flowers for three to five minutes. Strain the tea to the other cup then add lemon, honey, or stevia (to add sweetness) to create variations in taste.

Stronger Chamomile Tea

To relieve pink eye, you will need a stronger chamomile tea. Follow the same ingredients and procedure as the chamomile tea but steep it for a longer time. Soak a cotton ball in the strong chamomile tea (make sure it has cooled off) and wipe the affected area with it. You need to do this every hour in a day and the infection is expected to be gone within one to three days.

Mint Tea

Mint tea might not be as popular as chamomile but it has its own appeal. Peppermint tea has the ability to soothe digestive track and it is helpful in times of indigestion, nausea, and heartburn.

You will need 2 cups of water for boiling, sprigs of mint (the amount depends on how strong or mild you want your tea), and sugar.

Put the water in a kettle and turn on the heat to boil the water. Place the mint leaves loosely in a cup or tall glass (whichever you prefer but make sure it can handle the hot water). Pour the boiling water in the cup and steep for a few minutes. It is fine to drink the tea without removing the mint leaves but you can also strain the tea to another cup to remove the leaves. Add sugar, honey, or stevia to make it sweet. You can also add citrus juice if you want.

Raspberry Leaf Tea

Raspberry leaf tea is beneficial for women – it helps balance the hormones and friendly to the skin. Ideally, it must be consumed during pregnancy because it is a good source of potassium, magnesium, and B vitamins that pregnant women must have during an important event in her life. It can also give added strength to the uterus.

You will need 1 teaspoon dried leaves of raspberry or 3 teaspoons fresh ones, chopped and 1 cup boiling water.

Put the chopped leaves of raspberry in the cup of boiling water. Cover the cup and steep the leaves for five minutes. After steeping, strain the tea and enjoy.

Pregnant women can drink two cups per day of raspberry leaves tea within the last two months of their term but not earlier. It is wise to ask for the doctor's advice before taking the tea during pregnancy because its components might have adverse effects. If you are not pregnant, then the tea can help prevent mouth ulcers, spongy bleeding gums, and soreness in the mouth.

Mint Leaf And Fennel Stomach Soother

Those who are prone to digestive problems or those with stomach ache most of the time, this tea is for you.

You will need 2 teaspoons of mint leaf, half teaspoon of fennel seeds, and a pinch of powdered ginger.

Put all the ingredients in a cup, mix, and pour boiling water in the cup. Cover the cup and steep for five minutes. You can add 1 tablespoon grass-fed gelatin powder to make the soothing effect long lasting.

Basil Tea

Basil is good for cuts, scrapes, lack of appetite, and flatulence. This tea is usually prepared using dried flourishing branches. You will only need 2 teaspoons of the dried branches and pour in 1/4 liter of boiling water. Leave it for fifteen minutes to steep. Strain the tea and its ready.

Caraway Tea

This tea is also good against flatulency. The tea is simple to make and will be ready in no time.

You will need 1 teaspoonful of crushed fruits of caraway and 1/4 liter water.

Boil the water then turn off the heat as soon as it's done. Put the caraway in the boiling water and steep for ten minutes. Strain the tea and serve while it's still warm (not hot).

Ginger Tea

Ginger tea can help ease the discomfort brought by sore throat (and bring the voice back), nausea, and menstrual cramps. It is easy to prepare although it might be too strong for some.

Get a small piece of ginger then wash it thoroughly and pound it to release the flavors. Put it in boiling water and steep for several minutes. Strain and pour in a cup. You can add lemon, sugar, or honey to make it taste better.

Younger members of the family may take the tea but don't give it to an infant. The taste might be too strong for some members, make the tea milder for the younger members and add honey.

Basic Tea Preparation

For most tea natural remedies, use this preparation:

- Gather enough leaves for your tea and put it in a cup.
- Pour boiling water in the cup, cover, and steep for ten minutes.
- Strain the leaves and add sugar, honey, citrus, or your favorite flavor (if appropriate) to taste.
- Drink while it is still warm, not hot.

Chapter 6

Tinctures

Herbal tinctures are liquid herbs made by aging the herb in apple cider vinegar or alcohol (more popular medium) to yield a more potent herb elixir that the body can easily absorb. There are tinctures that can be purchased at local or online health food stores or herbal supply shops or you can make your own tinctures at home.

The alcohol used in making extracts is for drinking, never use rubbing alcohol. Alcohol is the more ideal to use than apple cider vinegar because it can extract more of the herb's beneficial properties.

Chamomile Tincture

This tincture is a must-have in every home because it has many uses. Adults and children will definitely benefit from it a lot. It can relieve gas pains, colic in infants, and it can be applied on bruises.

For adults, take 1 teaspoon 1 to 3 times each day as necessary. For infants, a few drops rubbed on the gums when teething can provide relief form discomfort. Moms can also rubber a few drops of chamomile tincture on the stomach of the baby to relieve colic pain. For older children (including toddlers), 1/4 teaspoon to 1/2 teaspoon is needed to be taken at least once (up to 3 times) a day as needed.

To make the tincture, you will need half cup fresh chamomile flowers; boiling water; vodka (rum will do if you don't have vodka); and airtight jar (quart size).

Place the chamomile flowers inside the jar and pour the boiling water, make sure to just cover the flowers and don't fill the whole jar with water. Pour in the vodka and fill the entire jar. Never use alcohol not intended for drinking like rubbing alcohol. Tightly cover the jar with its airtight lid. Store the jar in a dark place that is cool and shake it daily for four to six weeks. You will be able to produce a strong tincture doing this.

After the period of shaking passed, put it out of the cabinet and strain the tincture. Transfer the tincture in another jar or use vials.

Peppermint And Fennel Tincture

This tincture is great for indigestion, nausea, or heartburn. The usual dosage for adults is 1 teaspoon – straight or mixed in water. One dose to treat the problem is usually enough although there are cases where a second dose is required. For children, ten to twenty drops do the trick.

You will need half cup of dried peppermint leaves; 1/4 cup each of finely diced ginger and dried fennel seeds; boiling water; vodka or rum; and airtight quart size jar.

Place peppermint, fennel, and ginger in the jar and fill it up with boiling water to the level that is just enough to cover them. Pour in vodka or rum to fill up the entire jar and cover with the air tight lid. Store the jar in a dark place that is cool and shake it daily for four to six weeks. This will yield a potent tincture.

After the said weeks passed, put it out of the cabinet and strain the tincture. Transfer the tincture in another jar or put it in vials for ease of use.

Good Night Sleep

This tincture recipe intends to give peaceful sleep in times when you just can't seem to get a proper shut eye. It is not intended for use on a daily basis – only if necessary. This tincture is good for children who have trouble falling asleep when they are sick or if you are so tired that you can't fall asleep.

Follow 2 to 3 droppersful for adults and 1 for two years old and above kids. Never give this tincture to infants two years old and below. It is ideal to start at very low dose for children.

You will need 2 tablespoons each of catnip, yarrow flowers, and oat straw – all must be dried; 2 tablespoons of fresh chamomile flowers; 1 tablespoon each of mint leaves, stevia leaf, and hops flowers – all dried; boiling water; vodka or rum; and quart size glass airtight jar.

Put all the herbs in the glass jar and pour the boiling water inside, just enough to cover the herbs then mix it well. Fill the rest of the jar with vodka or rum. Put the cover on and store the mixture in a cool and dark area for two to eight weeks. Shake the mixture daily. After the said period, strain the mixture and store the liquid in small vials and use when needed.

Basic Tincture Preparation

For basic tincture natural remedies, use this preparation:

- Vodka or rum and water mixture with 1:3 ratio (1 ounce vodka for every 3 ounces water)
- 8 ounces dried herb in a glass jar with 1 1/2 pints of vodka and water mixture or 1 1/2 pounds of fresh herb (cut in smaller pieces) in a glass jar with 1 1/2 pints of vodka and water mixture.
- Cover the jar and store it in a cool and dark spot for two to six weeks. Shake the mixture each day.
- When the designated period passed, filter the mixture to another container.
- Store the gathered tincture in sterile dark glass vials away from the sun. If you will store them properly, they can last for two years and beyond.

Chapter 7

Stand Alone And Others

Sometimes, natural herbal remedy is already good as it is – you don't need any preparation just to make it work. This chapter also covers other means of preparing your natural remedy in order to unleash the herb's full potential.

Garlic

Garlic is great for safeguarding your body from health risks. It is recommended for adults to eat or swallow one clove of raw garlic two to three times a day and for children to consume 1/4 clove of garlic two times a day to keep bugs away.

When blood pressure is high, it is suggested to consume two cloves of slightly crushed garlic to bring blood pressure down. Regular consumption of garlic can also reduce bad cholesterol level. Take note, however, that if blood pressure does not improve then it is best to consult the doctor immediately. There might be other reason that keeps the blood pressure high.

Chili Talcum Powder

Chili and mustard powder can be used to prepare warming talc which can stimulate circulation. You will need 1 teaspoon each of chili and mustard powder and 1 tablespoon cornstarch. Just mix everything well. You can use the mixture to dust your cold feet before wearing your socks.

Herbal Steam

This herbal steam is great for cold and flu. The warm and moist air of the steam opens the bronchial and nasal passages and gives soothing relief.

You will need 3 cups water; five drops each of lavender, bergamot, and rosemary essential oils; small basin; and towel.

Put the water in a pan and simmer. Turn off the heat and mix the essential oils in the water. Transfer the mixture in a small basin and place it on the table. Get your towel and cover your face and basin with the towel (your face must be inches away from opening of the basin where your face can catch the steam). Make sure that the steam won't escape. Breathe in the steam as if you can feel it reach the deepest part of your

lungs. Breathe in and out for as long as you can. Come out for fresh air when needed.

Eucalyptus Steam for Cough

Eucalyptus steam is effective in relieving sinus and nasal congestion. It is also effective in relieving cough. Eucalyptus oil should not be confused with camphor oil. Although eucalyptus is beneficial, it should not be ingested or rub directly on the skin.

For the eucalyptus herbal steam, you will need 2 to 3 drops eucalyptus oil; six cups water; kettle; large towel; and a bowl or container.

Pour the water into the kettle and bring it to a boil, then turn off the heat. Prepare a bowl on a table and carefully pour the boiling water in the bowl. Add the drops of eucalyptus oil to the bowl and stir for a bit. Cover your head and the basin with towel and the distance between your face and the bowl must be at arm's length. Avoid bringing your face too close to the mixture in the bowl. Close your eyes and breathe in deeply. Do this for ten minutes, taking occasional break (if you need to) getting fresh air.

Remember not to add more than the stated amount of eucalyptus oil and this steam is not for children.

Chili Plasters For Aching Muscles

Chili and mustard work well as a team as they provide deep-heat treatment to provide ease and comfort to painful muscles and stiff neck.

You will need 1 cup each chili peppers and coconut oil (non-fractionated); 4 tablespoons mustard powder; 6 teaspoons beeswax; 4 packets each of gauze wound pads and adhesive wound dressings – both 4 x 4 inches.

Wash the chili peppers and slice it finely. Combine the sliced peppers and mustard powder in a saucepan with coconut oil. Cover and heat for two minutes in low fire, then turn off the stove and let the mixture cool by itself without taking off the lid. Lay out the cheesecloth and pour the mixture in. Place the cloth with mixture into a sieve (with a bowl under it) and squeeze the cloth by pressing it against the sieve to extract the oil.

Put the extracted oil into the saucepan and heat in low fire. Put the beeswax in and stir gently until it dissolved, then remove the pan from heat. Quickly drench the dressing pads with oil mixture. When they are completely soaked, removed the pads from the mixture and lay them on a wax paper for ten minutes or until they set. Once dried, the pads can be wrapped in plastic and arranged on top of each other. Store them in the refrigerator and get one when you need it.

When you need to use it, put a pad on the adhesive wound dressing and apply on affected spot. Keep the area covered with blanket to keep it warm and leave the pad on for half an hour to one hour.

Chapter 8

List of Other Ailments And Their Herb Cure

In the previous chapters, the basic preparations were included to give you a wider selection of taking your natural remedies. This chapter will give you the different herbs and the everyday illnesses that they can provide relief to. It is up to you to decide which preparation is the most suitable.

For treating pain like burns, bruises, wounds, pain, inflammation, and the likes, it is best to choose salves and ointments or poultice. For indigestion and other stomach problems, choose tea, infusions, or tinctures. For infants and younger children it is best to stick with ointments and salves especially if they are the type who will eventually vomit everything in the end.

Illnesses And Their Herb

Abscess – Lobelia and slippery elm

Acne – Calendula, dandelion, aloe vera, yellow dock, chaparral (use chaparral only if you grow it yourself or bought from trusted organic store), tea tree

Allergy – Chamomile

Angina – Garlic, hawthorn, willow, green tea

Anxiety and stress – Kava, hops, valerian, passionflower, chamomile, lavender

Arteriosclerosis – Garlic

Arthritis – Capsicum, willow, turmeric, ginger, cat's claw,

Asthma – Ephedra (use with caution)

Athlete's foot – Tea tree oil (topical use)

Bad breath – Parsley

Boils – Echinacea, tea tree oil, garlic, rhodiola, ginseng

Bronchitis – Echinacea, pelargonium

Burns – Aloe vera

Cankers – Goldenseal

Colds – Echinacea, ginseng, andrographis, coffee, licorice root (good for colds with sore throat), tea (good for chest and nasal congestion)

Constipation – Apple (as is no preparation or drink the juice), psyllium seed

Cough – Eucalyptus (not to be ingested, see Chapter 7)

Depression – St. John's wort

Diabetic ulcers – Comfrey

Diarrhea – Raspberry, Bilberry

Dizziness – Ginger, ginkgo

Earache – Echinacea

Eczema – Chamomile, dandelion, topical borage seed oil, yellow dock, chaparral (use chaparral only if you grow it yourself or bought from trusted organic store) and evening primrose oil

Fatigue – Cocoa (dark chocolate), tea, coffee, ginseng, rhodiola

Flu – Echinacea

Gas – Dill, fennel

Gingivitis – Green tea, goldenseal

Hay fever – Stinging nettle, butterbur

Hemorrhoids – Elderberry (can relieve pain), mullein

High Blood Pressure – Beans, hawthorn, cocoa (dark chocolate)

High Level of Blood Sugar – Fenugreek

High cholesterol Apple, cinnamon, cocoa (dark chocolate), evening primrose oil, flaxseed, soy foods, green tea

Inflammation – Slippery elm, fenugreek, and flaxseed as well as goldenseal

Infection – Topical tea tree oil, garlic, astragalus, ginseng, echinacea, rhodiola

Insomnia – Kava, hops, lemon balm, evening primrose, valerian

Irritable Bowel Syndrome – Peppermint, chamomile

Lower Back Pain – Carvacrol, white willow bark

Menstrual Cramps – Raspberry, kava, chasteberry

Migraine – Lemon balm, Feverfew, butterbur

Muscle Pain – Wintergreen, capsicum

Premenstrual Syndrome – Evening primrose, chasteberry

Rashes – Dandelion, yellow dock, and chaparral (use chaparral only if you grow it yourself or bought from trusted organic store)

Ringing in the Ears – Ginkgo

Stuffy Nose – Echinacea

Tonsillitis – Astragalus, echinacea, goldenseal

Toothache – Willow, clove oil

Ulcers – Licorice, aloe vera

Keep the natural remedies handy, they can be more helpful than you think.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to determine and prepare the natural remedies for you and your family with so much ease.

The next step is to keep your natural remedies handy in case someone in your household needs immediate relief. You will no longer be dependent on over-the-counter medications that are quite costly and might even bring harm to you and your family.

If you enjoyed this book or received value from it in any way, then I'd like to ask you for a favor: would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

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